

# In The Know

January 2023



## Why asthma gets worse in the wintertime

Most asthma sufferers find their symptoms ramp up in the cold weather. But that doesn't mean you have to suffer all season. Our providers can help you prevent and manage attacks.

[Learn more](#)



### Winter exercise tips

[Learn more](#)

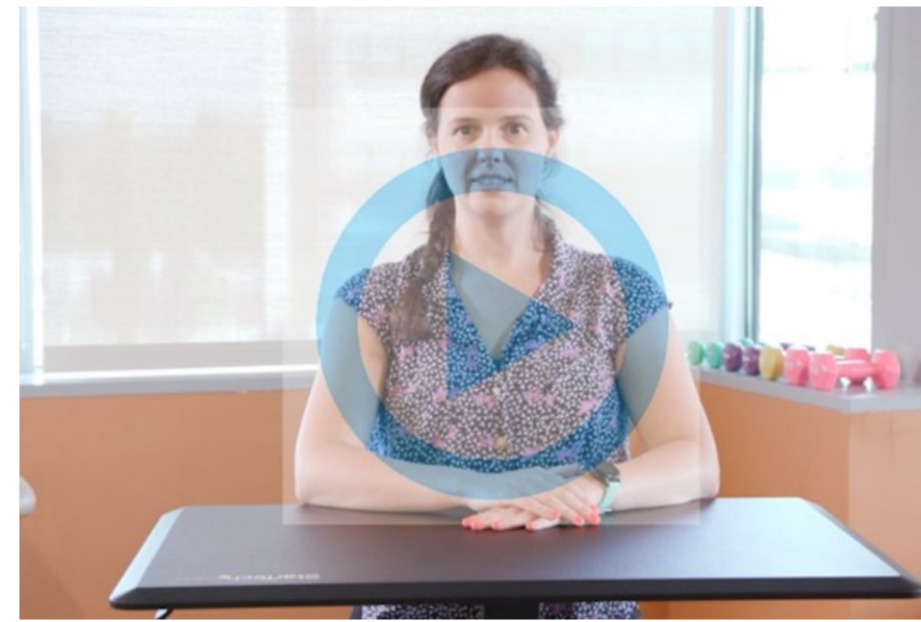


### Sore throat relief

[Learn more](#)

## Wellness Snapshot

Stuck at your desk? Repeat this simple chin tuck a few times a day to take the pressure off your shoulders.



### Now open!

Our new locations are ready for patients. Just walk in. No appointment needed.

- [Brooklyn Navy Yard](#)
- [Elmwood Park](#)
- [Flushing](#)

## Resources on the go



[Summit + CityMD app](#)



[Find a CityMD](#)

[Locations](#) [Patient portal](#)



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